THE SPECTRUM WISHES EVERYONE A HAPPY HOLIDAY!

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Student vehicle stolen from south lot

By Jason A. Dalrymple and Melissa Bruno

Last Thursday, Dec. 1, one senior’s Thanksgiving cheer ran out.

A white GMC Jimmy belonging to senior Jason Cosimano was stolen from the parking lot to the side of the gym at approximately 11:30 a.m.

“I was sitting in class and happened to glance out the window,” said Cosimano. “Next thing I know I see my truck driving away.”

Not only was the truck the object of the hijacking, so also was a number of Cosimano’s personal belongings.

“I was going home for the weekend and had packed up some of my things,” he stated. “Some of my clothes, my Fendi watch, and other valuables were in there.”

After racing from class to the scene, Cosimano then waited for Public Safety to respond, then called both Fairfield and Bridgeport police.

“I don’t think anyone saw it being stolen,” Cosimano added. “I couldn’t see in the truck because of the tinted windows.”

“I saw the truck drive past South and West Hall,” said one student, “But I didn’t think much of it. I though he might have lent the truck to someone.”

Cosimano was informed on Saturday by Bridgeport police that the truck had been found on Main Street two blocks from Standard Auto Body in Bridgeport. The car, according to police, looked as if it had been left after an accident.

“The whole front end was smashed in,” said Cosimano, who saw the car later that day.

On Monday, Cosimano found that his possessions inside the car had been taken, as well as the car’s stereo system.

“They couldn’t just get the

See Truck, page 3

UPENN accused of taking organs

By Joshua Fineman

College Press Service

Once again, the University and the Philadelphia Medical Examiner’s Office are being linked to brains and eyes removed from dead patients without the consent of their relatives.

In the newest installment of this macabre story, the Philadelphia Medical Examiner has been accused of removing eyes and optic nerves from 19 dead children and infants for a study without seeking their parents’ permission.

According to a published scientific report, the study was a joint effort between the city Medical Examiner’s Office and the Scheie Eye Institute, which is a part of the university’s Department of Ophthalmology. The study covered a 23-month period ending in August 1990.

Eyes were allegedly removed from the children all under the age of three. The causes of death of the infants included blunt trauma to the head, shaken baby syndrome and sudden infant death syndrome, according to the report, which was published in the March issue of “Ophthalmology Magazine.”

New SHU magazine debuts

By Jason A. Dalrymple

Editor-in-Chief

Sacred Heart University’s endowed fund reached the 13 million dollar mark for the 1993-94 year according to the President’s Annual report.

The report was made available to the University community this fall through the new magazine, Sacred Heart University Magazine.

The magazine, a quarterly publication, covers various aspects of the University, ranging from general news to graduate information found previously in the alumni magazine, Focus.

“Each edition will provide insightful coverage of the evolving Sacred Heart University story,” stated the “First Word” column written by the magazine editor, Don Harrison.

The magazine will contain features found previously in the

See Magazine, page 3

Inside...

Transferring is a two way street both in and out...page 7

The year’s top ten and bottom of the barrel...page 8

International club seeks to move up again...page 12

See Organs, page 3

The white blazer owned by senior Jason Cosimano was hijacked from this lot late last Thursday morning. Police informed Cosimano Saturday that the vehicle had been recovered.

Photo by Maddy Dunlap
**Tips on new GMAT format**

This October a new requirement of essay writing was added to the Graduate Management Admissions Test (GMAT). Shortly after this new requirement was introduced, an 11% drop in students enrolling for the exam occurred.

This new component was added to assure that students enrolling in the program possess the proper communications skills for the business world.

The Kaplan Educational Centers offer the following tips to prospective test takers on how to effectively write these essays:

- Remember that the text exists to examine communication skills and not specific knowledge of a topic.
- Creativity is a detriment on these essays.
- Write clearly and avoid technical vocabulary.
- Plan the essay and outline what you want to say prior to writing.
- Be certain to proofread and make sure that the writing is legible.

Kaplan is offering free informational seminars containing information on the new format. Anyone interested in these seminars should contact Kaplan at 1-800-KAP-TEST.

**FOCUS replaced with new magazine**

The "FOCUS," which was the name of the alumni newsletter, has been replaced by the Public Relations Office with a new quarterly magazine entitled: "Sacred Heart University Magazine."

The first issue was released on Nov. 28 and includes a replication of the President's Annual Report. Faculty, staff, alumni, current graduate students and the parents of full-time undergraduates will receive a copy in the mail. Anyone not receiving a copy in the mail may pick one up in the offices of the President, Public Relations, Institutional Advancement and Development, Graduate Studies and Continuing Education or at the Ryan-Matura library.

**SG pres and prof published in local paper**

The Nov. 27 issue of the "Connecticut Post" profiled Student Government President Lloyd Scott on page G-1.

In that same issue, Professor Susan Mangiero wrote an op-ed piece on Social Security entitled, "A prescription for Social Security." This text appeared on page C-2 in the "Forum" section.

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**Salvadoran people rebuild nation**

By Cesar Munoz   Contributing Writer

El Salvador has recently ended twelve years of civil war. Now that the fighting is over and the guns have silenced, the Salvadoran people are trying to put their lives back together again. In the small town of Calle Real, this rebuilding process is underway. During the years of civil war, Calle Real was in constant conflict. Today, however, Calle Real is bursting with activity.

A Carmelite priest named David Blanchard arrived in Calle Real seven years ago. Though only supposed to stay for two weeks, he is now the pastor of Nuestra Senora de Lourdes and resides in El Salvador eight months a year.

Four years ago, the community set up a cooperative called Epifania. This cooperative hoped to set up a financial and social welfare network inside Calle Real to break the community of poor peasants from their dependency role within the society.

"The people do not need used clothes," says Blanchard, who is currently offering a lecture series at Sacred Heart. "They need the opportunity to work. You may want to give me $500 in medicines. Thank you, but that is not the way. We have to create a health care system."

To this end, the cooperative has set up a variety of workshops that include construction, metal work and carpentry, among others. 20% of the profits from these industries is placed in a communal pot that is used for the purpose of providing social services to the community.

Since the main obstacle to development is the lack of access to capital, the cooperative has established a banking system within the community. These projects which are aimed at breaking the cycle of dependency inflicted upon these people goes against the interests of some international relief organizations.

The Agency for International Development (AID) is one such agency. When the bishop of San Salvador proposed that the agency spend the money that was reserved for social workers instead on teaching the people self-sufficiency, the agency cancelled the entire relief program.

"Conversion is absolutely necessary in order to obtain political, economic and social change," says Blanchard. "It is stupid to say that we are going to transform society without changing people first."

Blanchard sees the way in which the Salvadoran people think is the biggest obstacle to change.

500 years of oppression and suspicion have caused the Salvadoran people to internalize a feeling of dependency. According to Blanchard, these people today do not know how to live without being dependent.

Today, the Catholic Church is trying to reverse this trend and give people their own voice under the motto. Blanchard hopes that over time, the Salvadoran people will shed this dependence on dependency.

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**Ed. note: an unedited version of this article was printed in Spanish (original text) in the Fairfield County Catholic.**
Members of Beta Delta Phi sorority set up shop for a crafts bazaar on Monday. All the crafts for sale at the table this week were made by the sisters themselves. The crafts will be on sale all this week. Flashing their selling smiles are, from left to right, Eileen Bresnan, Alex Bothos and Nicki Gorman.

Photo by Maddy Dunlap

Organs families outraged

Continued from page 1

Scheie Eye Institute spokesperson Harriet Levy said the whole story is being blown out of proportion.

"It's really not nearly what it sounded like," Levy said. "No permission is requested when an autopsy is for a criminal investigation.

A press statement released by the university stated: "As part of a police investigation into the suspicion once death of a child, the Medical Examiner has a legal mandate to perform an autopsy in order to confirm or eliminate abuse as a causative factor. In such cases, standard autopsy protocol includes the removal and pathological examination of the eyes and optic nerves."

Levy said she does not think the medical examiner has acted inappropriately.

"To someone out there in the public, it's shocking," Levy said. "But there isn't anything inappropriate with what the (Medical Examiner's Office) did."

The purpose of the eye study was to do a comparison of the brain and optic nerve damage suffered by shaken children with that suffered by those who had visible head injuries.

The study's conclusion stated that victims of shaken baby syndrome suffered fatal damage similar to those who died of blunt trauma. The SIDS victims did not have those injuries.

These new allegations come at a time when the university and the city are being jointly sued in six cases involving the mishandling of brains, given to the university by the city Medical Examiner's Office.

Magazine: new format for fall

Continued from page 1

Focus publication, such as the Alumni Profile, Achievers, as well as marriages and births. However, in addition to those features, the Pioneer section has been added.

According to Harrison's opening remarks about the magazine, "We hope the magazine will become an important part of your regular reading diet."

Featured prominently in the premiere edition of the publication is the President's Annual Report, which outlines the past five year plan and sketches the upcoming one.

Also appearing in the magazine are portraits of Sacred Heart's newest priests as well as recognition of achievements by Dr. Gary Rose and Dr. Babu George.

The decision for the new magazine format over the newspaper format used for Focus was a team decision, in Public Relations.

"All of us in P.R. agreed that a magazine format, with its capacity for graphics and four color printing, represented the best vehicle for reaching the university's many constituencies," said Harrison.

Once the plan was drawn up, magazine received support both from James Lyddy, vice-president for institutional advancement, as well as from University President Anthony J. Cererra.

"When Dr. Cererra gave the project his unqualified endorsement, we moved ahead quickly," added Harrison.

The fall edition of the Sacred Heart University Magazine is now available through the Public Relations department. The next edition is expected next semester.

Truck: possessions lost too

Continued from page 1

Stereo out, so they ripped out the entire dashboard," said Cosimano.

Cosimano, who will be graduating with a B.A. in political science in December, was going home to New Jersey for a doctor's appointment as well as bringing some things home before graduation.

"I figured I'd get a jump on things," he said. At this time, Cosimano is unsure of what he plans to do about the truck, which is still stationed at Standard Auto Body.

"Mr. Cosimano has not indicated his plans to us yet," said a representative at the shop.
Getting ready for the holidays

It's that time of year again. That time to rush through the mall searching for that "oh isn't that precious" gift for friends and loved ones. That time to prepare for the long haul home in two weeks. That time to hit the books and grip the desk in anguish before that last final. It's also the time of year where the tension fights daily with the spirit of Christmas and Hanukkah. You can feel it in the air, see it on TV (ie, California's Proposition 187 debate), read it in the papers. But somehow, though we all manage to forget it while caught in the middle of an emotional tug of war, it does change, it does end. We go home to our warm fires and chestnuts roasting and carols playing and snow falling and... Suddenly the tension's gone. That's what we need to look at. This is also one of the few times that looking into the future can be a comfort rather than a bane. Relish in it at least once each day, knowing that each day gone by it comes closer. And remember to share it with someone, too. It is the spirit, right? Happy holidays folks.

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EDITORIAL POLICY: The editorial page(s) is an open forum; submissions are not judged by the opinions expressed or by any criteria not related to the quality of the writing or timeliness of the topics. The opinions expressed on the editorial page(s), whether in signed columns or letters to the editor, are solely those of the authors. Unsigned editorials appearing in the far left column of the first editorial page represent the majority opinion of the Spectrum Editorial Board. Guest editorials and letters to the editor are welcome and encouraged. All submissions are subject to editing for spelling, punctuation, grammar and clarity. Letters to the editor should not exceed 400 words and will be considered on a space-available basis. The Spectrum does not assume copyright for any published material; all rights are retained by the author. All submissions are reviewed by the Editorial Board and final decisions are made by the Editor-in-Chief.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. The Spectrum office is located in the Academic Building. The phone number is (203) 371-7963. All mail to the Spectrum should be sent to Sacred Heart University c/o the Spectrum, 5151 Park Avenue, Fairfield, CT 06432-1000. The Spectrum believes all advertising to be correct but cannot guarantee its accuracy. The advertising deadline is seven (7) days prior to publication. For information call (203) 371-7966. Fax number is (203) 371-7828.

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Article leaves some truths unsaid

By Jonathan McCarthy
Associate Editor

As 1994 comes to an end, one takes time to reflect on the year that has past. Here at Sacred Heart, the '94 fall semester ushered in many things. These include a new residence hall, West, as well as a new dining service in Flik. For the most part, '94 ushered in many good things for the University community. However, there is still one question that has been commonly asked around here. That question is, what does Student Government do?

Unfortunately, the Student Government, run by president Lloyd Scott, answers the question time and time again. Nothing!! In the Oct. 6 issue of the Spectrum, Vice-President of Student Government Sandra Martinez said, "We need to solve the problems with the Executive Board before we can handle anything outside of Student Government." It is increasingly evident that these problems have not been solved. Here we are, with the year half over and our Student Government has virtually nothing to show for it.

This can, and I'm sure will be, disputed though. What has happened this year? In Scott's agenda, which he published in the Sept. 8 issue of the Spectrum, he stated, "I expect to present a proposal...dealing with the increase of both our library and computer hours. I am in the process of setting up a sex education policy committee..."

"I know of nothing about library and computer hours and the sex ed policy committee would have happened with or without Lloyd Scott because the idea was put in motion last year," said Senior Class President Maria Puopolo. The only other thing that can be attributed to Student Government is the new bus shelter. However, this was paid for by the budget of Jim Kraemer's Student Government last year.

So, where does the blame lie for the inactivity of our Student Government? Originally, the issue was based on race but that doesn't seem to be a problem, at least according to an outside source. On Sunday, Nov. 27, the Connecticut Post ran an article about our Student Government. The headline said "Apathy not for SHU leader" and the article stated, "The good news so far is that race does not seem to be an issue. The bad news is that student apathy does."

It is the question of apathy that concerns me. Program after program and activity after activity, the University's students show their willingness to get involved. However, what have they gotten in return? Nothing. That alone would cause anyone to be apathetic.

The jump headline to the Post article read "SHU leader stresses results." What are they? The article doesn't mention any. It reads as a biography of Scott, and is heavily based on race. Why? It's not an issue at SHU so why mention whether someone is white or black when quoting a source. "Dana Scinto, a white student..." Who cares? Right? The article did however take the time to mention "The closest Sacred Heart has come lately to any public racial tension..." being Jason Dalrymple's editorial entitled "Coloring an Education Dangerous."

Scott replied in the Post by saying he is a free speech type of guy "But like my father always said, some things are better left unsaid." It's interesting that the brush with racial tension resulted in only a few letters, some in favor of the article, others against it.

The point is this, blame it on whatever you want, race, apathy, aliens or whatever, nothing is getting done. Puopolo said, "I wanted to go out with a bang instead of the fizzle that this body (SG) represents." This fizzle idea seems to have a tremendous grasp on Scott's regime.

The bottom line is that half-way through the year, the students are losing. Nothing has been done to date and there seems to be no promise for the next semester. But then again, maybe things are better left unsaid.
NEWS FROM TULSA

By Chris Nicholson

It's beginning to feel a lot like Christmas. Well... it's beginning to feel a lot like how Christmas feels to me now. It doesn't feel the same as it used to.

When I was a kid, Christmas felt different. It felt... well... it just felt, like Christmas. There is no other description, there is no other word. It was a unique feeling, and I only felt it once a year.

The feeling started soon after Thanksgiving, after the crisp blue air of autumn had already faded into the biting frost of New England winter. You'd see married men and women outside stapling strings of lights to their houses, and the next night those lights would be burning bright—red, green, blue, green, yellow. The lights, the air, the refreshing smell of a pine fire smoking out of the Johnsons' chimney. That is what Christmas felt like, but the feeling got stronger still.

As the weeks to December 25 passed, the feeling would keep growing until, finally, on Christmas Eve, the day you had waited for, finally came. School was out, maybe there was some snow on the ground. Warm sugar cookies were cooling in the oven, homemade hot chocolate was brewing on the stove, and you were getting ready for bed early so you wouldn't delay Santa's visit. You would be in bed, but you knew you would never fall asleep.

Ever since I could remember, that is what Christmas felt like, until I was 12. That was the year that I was baffled, confused, because the weeks of November and December came to me, smiled, and walked away, but still brought no feeling of Christmas. I knew the day was coming, but there was no feeling coming with it.

This distressed me; I'm not sure exactly what I felt, but it was more than just losing a holiday feeling.

Finally, on Christmas Eve, I had a chance to sit alone in my living room, watching the glowing bulbs of the tree, the twinkling tinsel, a crackling wood stove warming the air, dustpans of cards strategy class...and...and...I started to feel it again. It was only a moment, and then the feeling was gone. And it didn't come back the next year. Or the year after.

I think we all felt something similar.

I don't know what caused it in me, and forever really mattered anyway. The fact was that Christmas became just another holiday.

Then last Christmas came. I was supposed to go to midnight mass with another family on Christmas Eve, but I cancelled because I felt sick—for the second Christmas in a row. Then, on my way home, something happened.

I was driving, I was tired, and cranky. Then a drop appeared, out of the black, cold night, on my windshield. Then another, and another. It was snowing...on Christmas Eve.

I scanned the radio and found a station playing Christmas music—"Please Come Home for Christmas" played, and then, as if someone had planned a mystical chain of events, Bing Crosby sang the first note of "White Christmas." Bing was dreaming, on my radio, of a white Christmas, but I didn't have to dream about it. It was actually happening.

I stopped—at all places, at the beach—and I was alone except for one other man and his dog.

The snow fell around me, each flake swirling, caught in its own personal gust of wind, fluttering to the frozen ground where it finally lay upon the millions of other crystals that fell before it. Individually, the flakes were beautiful. Together, they were Christmas.

I couldn't see the sea water through the falling snow, but I could hear two seagulls out on the dark waves, cawing steadily, sounding—suspiciously—like they were laughing.

I started to miss my family; they were home making sugar cookies and hot chocolate, and I was on the beach getting cold and getting wet—but getting the feeling back.

In the car again, I heard the dox jockey on the radio warn that "cars are slipping and sliding, so take your time coming home." I drove slowly, and I passed two men on the sidewalk who were standing just and passing waving drivers, saying, silently in the night, Merry Christmas.

What about this year? Flurrying snowflakes, the smell of crackling fires, the burn of hot sugar cookies in my hands—they're all signs of a holiday upon us. It's beginning to feel a lot like Christmas, once again.

Letters to the Editor...

ONE PERSON'S CONVENIENCE TAKEN FOR GRANTED

To the Editor:

I would appreciate it if you would print this letter for the record. The incident left such an impression—"I'd like this person to know how much.

To the girl in the red Pontiac Sunbird:

When was the cul-de-sac at Jefferson Hill designated your personal parking area? I guess I wasn't there when that occurred. I apologize for the inconvenience. You see, for the last three years, I believed the cul-de-sac an area in which to turn around, my bad. I wasn't here when that occurred. I apologize for the inconvenience. I'll know better next time. Oh, yeah, and Merry Christmas to you too.

The girl in the blue Dodge Colt
Laurie Willett

THE CAMPUS VOICE

If President Clinton was to give one thing to the United States for Christmas, what would you like it to be?

Karen Casthevetro
Senior
Psychology

"A gift to each child that is deprived of one on Christmas morning."

Maureen Coan
Junior
Psychology

"Bring peace to domestic violence."

Rene Satchels
First Year Student

"A gun control bill."

Pamela Nordhi
Sophomore

"Make some kind of statement to America that he will not run for office again."

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By Maddy Dunlap
FURTHER RAISES SPECIFIC QUESTIONS AND CONCERNS

To the Editor:
The article last week did not quite represent the tone of the open forum with President Cemera. No comments were misunderstood by me. His conversation was not ambiguous.
Dr. Cemera unequivocally announced his opposition to condoms and abortion. It further stated that these particular topics (condoms and abortion) would not be the natural outcome of open conversation or consideration. I suggested an autonomous health care facility which could accommodate the tuition paying multi-denominational student body in an era of AIDS, herpes, and other sexually-transmitted diseases. Dr. Cemera stated that AIDS was not a concern to this University. I believe student should have the knowledge and tools to combat these deadly diseases, Dr. Cemera does not. It just makes good plain sense to me, the students adverse and well for another term.

Come spring, SHU will be my alma mater and I hope to carry this honor with pride. We should be able to say that SHU is a university that cares more about the health, education, and well-being of its students than it does for the ecclesiastical patriarchs who wish to keep us strapped to a medieval papal code.

I would like to add that a Dr. Cemera’s attitude came as a surprise to me, as all the professors I have ever had at this school since 1981 have shown genuine compassion for their students and a tolerance for different points of view. This respect was not extended to those in attendance. In fact, no fewer than three times, Dr. Cemera suggested I always had the option of leaving school (right then and there)! Because I had the courage to voice my concerns. I assume anyone else out there that we have a right to all the opinions of medical technology under the law regardless of theology.

Please don’t let Dr. Cemera think I am the only concerned student out there. Let me know. Let him know.

Jane A. Pottle

CATHOLIC QUESTIONS FAITH

To the Editor:
I am a Catholic girl. Catholic girls are supposed to be "good girls," so to speak, and I was raised that way by my parents. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations. Catholicism is a way of life and it is a part of who I am. I am eighteen years old and I have been going to Catholic church since I was a child. My parents are excellent role models and I strive to live up to their expectations.

I am not sure what the policy is going to be about, but this is a Catholic school and we preach no sex until marriage. I don’t think that I am the only person who is confused about my religion. I know I am supposed to believe in whatever God tells you to do, and I am supposed to do what He wants me to do. For the most part, I have. Okay, enough about me. What about the rest of the Catholics out there and the ones that go to school here at Sacred Heart, a Catholic university? Do they believe in what God wants them to do?

I don’t know.

I am not saying that the other day in the school paper about a sex policy that the school is trying to develop. I am not sure what the policy is going to be about, but this is a Catholic school and we preach no sex until marriage. I don’t think that I am the only person who is confused about my religion. I know I am supposed to believe in whatever God tells you to do, and I am supposed to do what He wants me to do. For the most part, I have. Okay, enough about me. What about the rest of the Catholics out there and the ones that go to school here at Sacred Heart, a Catholic university? Do they believe in what God wants them to do?

I don’t know.

SUGGESTION FOR ADVERTISING

To the Editor:
I feel it is very necessary to have a bulletin board at Sacred Heart showing all the available activities to that day. Many other universities have a bulletin board showing all the day’s activities and events in a visible area. A student can see workshops, athletic events or other activities. I never know what is going on, or I easily forget there are so many. I think a great spot would be right near the Dining Hall.

Every day is changing showing all the events. That way there are more people at the events like the women’s soccer games.

Also there should be a bulletin board in the halls showing all the activities such as the councils. I never knew what time they start or go on. Colleen Kennedy

More Letters to the Editor.

"LEFTIST" LETTER OPPOSING ANGLE

To the Editor:
I am writing regarding the Nov. 10 left letter about racism. First of all, 80% of all races are "mixed." If it is alleged by minorities does not exist. Where it does come from is government backed-back. affirmative action quotas. Such is practiced by universities, corporations and in every phase of life these days.

There are wonderful terms such as "diversity," "multi-cultural," "American," etc. "People of color" to name a few. By now, I will tell you. SEX.

Girls are supposed to be "good religion. I know I am supposed to develop. I am not sure what the history of the world has a race been, am a virgin and to give up everything that was still not stolen and yet as a whole they have falled so miserably. Only someone who likes the facts with a good handout. It is a fact... (or should say multi-colored?) read the most important and truthful book ever known to this 'Paved With Good Intentions' by Jarred Taylor, you tell me.

The left and their followers must change showing all the day's activities. Look at the mother lands, look.

How sick!

Mark A. O'Neill

ACCOLADES FOR DANCE TEAM

To the Editor:
In less than a year of experiencing Sacred Heart University, there are several special and talented people I feel need to be acknowledged for a terrific first season. In the spirit of commenting on and appreciating the time, Teri DelRossi and I eagerly anticipated a new team to this rapidly growing university community. Slowly, but surely the Dance Team evolved one adviser Karen Pagliuco and Teri DelRossi were driving forces behind a truly talented team. That would bring several smiles and a tremendous amount of school spirit to the home football games.

With the support and assistance of Lisa Stavrinacos, Don Cook, Admissions, Student Government, the CCO finance board, Steve Harrison, and Denise Surphin, 12 gifted and dedicated

IRC CAN BE MORE THAN A MINDLESS FAD

To the Editor:
I am writing in response to Jane A. Pottle’s editorial regarding the “new computer race,” IRC, otherwise known as internet relay chat. Many people described in the article, I too have recently become a regular IRC user. Jason’s comments mentioned how IRC has become the new campus craze. At the same time, he mentions the negative aspects of using IRC and says that Sacred Heart students are becoming addicts or even “abusers.”

While I agree spending three or four hours a day using IRC is not a healthy activity, I do not see any harm with using the system several times a week. What do students see in IRC for? Well. Based on popular opinion, most believe it’s a way for students to waste their time having pointless conversations with other people around the country and the world. I too admit to having these meaningless discussions at times. However, the excitement found in IRC is when someone suddenly comes across another person and can relate to from across the country or the globe—someone who either has the same major, plays the same sport, or has gone through the same activity, etc. The feeling is incredible. Suddenly that person has become someone with whom I can relate. I have friends who have told me that they did not have this same feeling of excitement with using the system at all.

Since I have begun using IRC, I have met several people involved in the same majors I am taking. One person even has given me an observable insight on studying abroad in Spain, a future goal I am looking forward to in my junior year. Another person actually helps me improve and practice my Spanish conversation skills by writing to me in Spanish. In addition, this person has also taught me Mexican culture. The benefits I have found by using IRC can go on and on.

Like Jason, I agree that there should be a limit to how much IRC a person uses. Like any fun activity, it should not be placed before more important priorities such as school work. As for the energy that is being used, the computer lab aids might want to create a sign up sheet which limits the amount of time a person can use IRC that day. Since the computer lab is not very big, I am sure keeping IRC under control should not be very difficult. Other schools have managed.

In my opinion, using IRC is a leisure activity—nothing that watching television, talking on the phone, playing Nintendo, etc. I use it in my spare time because I enjoy the excitement of having access to people all around the world and I truly hope that we will continue to have this privilege.

Annette Bolley

Merry X-mas!

Merry X-mas!

Keep on dancin’

Lauro Baldino

Calm and Hasbro

A student can see workshops, athletic events or other activities. I never know what is going on, or I easily forget there are so many. I think a great spot would be right near the Dining Hall.

Every day is changing showing all the events. That way there are more people at the events like the women’s soccer games.

Also there should be a bulletin board in the halls showing all the activities such as the councils. I never knew what time they start or go on. Colleen Kennedy

Merry X-mas!
Transferring a give and take affair

Some students come, others on the go

By Gina Norelli
Staff Writer

There are always students dissatisfied with the college or university. However, it is virtually impossible for a school to meet every expectation of each individual.

For example, there are students at Yale University right now, sitting on a bed in their dorm room miserable, making plans to transfer. Even with Yale's high prestige, curriculum, activities and programs offered, the university may not suit everyone. It couldn't possibly.

A school such as Sacred Heart University is not for everyone. As the semester winds down and students busily register for next semester's classes and prepare for finals, a small population of students decide to leave Sacred Heart University to pursue other options.

Why do some students decide to leave?

From interviewing several students, a diversity of reasons arise that range from financial difficulties to complaints about the size of the school and dissatisfaction with the location of the school. There is no singular reason.

However for every flaw found with a school, there are some students who love a certain characteristic about the school which makes others nauseous.

First-year student Kelly Dolliver describes her reasons for not returning next semester. "First of all I changed my major from Physical Therapy to English, sees this school's size as a definite benefit."

"What I've found here at Sacred Heart is a dense and productive learning atmosphere where the students and faculty interact on a personal level. This is very conducive to a good education." Sophomore psychology major Stephanie Moniz, from Sommerset, MA, agrees. "I don't think there's any other school where you get to meet with your advisor often. It's small enough where the teachers and students are on a one-on-one basis."

"What I've found here at Sacred Heart is a dense and productive learning atmosphere where the students and faculty interact on a personal level. This is very conducive to a good education."

"The teachers care for the students." Moniz adds.

Melissa Marino, a sophomore, majoring in physical therapy, transferred from River College in Nashua, NH due to academics and activities. "I came because my school didn't have what I wanted to major in. There are a lot of sports and clubs here as well," she said.

To West Hall Residential Center or an upperclassman could give support. "If a university like Sacred Heart does not offer a certain major or creates difficulties with tuition and travel, then maybe a decision to leave would have to be. If there is a situation of boredom or doubt, the best solution is to make yourself happy."

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It was an *Ill* year in music

*Beastie Boys and Live atop best in '94, while Pearl Jam falters*

By Jonathan McCarthy

Once again the year is coming to a close, and this year unlike any before offered many pleasures for the ear. This year also saw a growth in what is mainstream, like every year since the debut of Nirvana. Once all is said and done, however, there is always a group of musicians that did it better than anyone else over the course of the year. 1994 was particularly hard because there were so many good bands and albums but when push comes to shove there is the top ten.

1) Beastie Boys - *Ill Communication*
   - Album which established true soul rock. Returning in 1994, Live still has the same passion and soul that makes them memorable.
   - 3) *Martin The Album*
     This quiet three piece from England came as quite a surprise this year. Their first single was a cover of New Order’s club classic “Bizarre Love Triangle.” However, ever further inspection of the album provides joy for the ears. Beautiful singles such as “Ordinary Angels” and “Accidentally Kelly Street” prove that England does not always have to be remembered for gloom rock.

2) *Night Marauders*
   - This band was the forefather for ten years. 1994 was no different.
   - Candlebox’s debut album provides joy for the ears.

3) *Frente!*
   - There it is the best and worst of 1994. As usual I’m sure there are many people that disagree with me but that is what next year is for.
   - It was an awesome year.

4) *Rancid - Let’s Go*
   - This original punk band from the bay area has consistently provided hardcore tunes for almost ten years. 1994 was no different. This band was the forefather for Green Day and is everything Offspring wished they were.

5) *Green Day - Dookie*
   - It was an awesome year.

6) *Weezer - Weezer*
   - This three man clan from Queens proves year after year that they can kick it. Their tracks feature some of the most creative samples to ever grace vinyl.

7) *A Tribe Called Quest - Midnite Marauders*
   - The success of this album overkill.

8) *Beck - Mellow Gold*
   - Musician of the year is Beck. For his latest album he gives respect to someone who has a nationwide hit that was created by accident while he was making fun of Chuck D.

9) *Hole - Live Through This*
   - This band is a great cover band; however, they possess absolutely no creative power of their own.

10) *Nine Inch Nails - Downward Spiral*
    - Trent Reznor has finally been lead singer of the band.

Trent Reznor has finally become everything that he hated all his life. However it was not him that changed it was the scene. Either way the result was a good album and a great year.

Along with a good year always come the bad. This year was pretty easy because the posers and the mainstream music lovers stopped worrying about what Ticketmaster is up to being.”

The year in music was bad. 1994 also featured some great shows that you can hum. Nirvana rip off? Definitely. This year the band tries to hard to be the Rancid or Green Day and their guitarist looks like Garth from Wayne’s World.

Candlebox and Collective Soul
   - These two bands I hold in the same light. Enjoying the same contrived success as did Soul Asylum in 1993, both are perfect examples of low wit and radio overkill.

1994 also featured some great singles. This includes Big Audio’s “Looking for a Song.” This song pokes fun at the task of writing a pop song. Other favorites include “Your Favorite Thing” by Sugar and “Get a Hair Cut” by Pavement. As far as Hip Hop goes the best single out now and one of the best in 1994 is Craig Mack’s “Flava In Your Ear.” This versatile rapper has been out of the picture since 1987 but returned with a great single with a club loop included.

There it is the best and worst of 1994. As usual I’m sure there are many people that disagree with me but that is what next year is for. Isn’t it?
National Theatre of the Deaf a cultural treasure

By Melissa Bruno
A & E Editor

The National Theatre of the Deaf (NTD), located in Chester, CT. Originally, the theatre was at the Eugene O'Neill Center in Waterford. It ran its productions from there until 1982, when it moved to Chester.

In the almost three decades they have been performing, they have done over 6,000 performances on six different continents. The company has traveled around the world - over 400 theatres, all 50 states and 30 foreign countries. No other American theatre company has accomplished this feat.

The company has reached the Eugene O'Neill Center in Waterford. It ran its productions from there until 1982, when it moved to Chester.

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The works include poetry, social essays and biographies with a splashing of impressive artwork to complement the literature. Many of the authors have included multiple works that stood out as undeclared chusters with merit.

The artwork is striking and includes works by Patrick Sullivan, Suit Wong, Robert Abele, Michael Summers, Jill Anderson, Tomoko Yamashita, Marcia Elarde, Kazumi Suzuki and Regina Bates. With the exception of Wong's majestic "Jaguar," most of the works are portraits of individuals. Summers' "Laughing Child" graces the cover with a feliciss image, however, many of the other drawings touch on displeasing aspects of our society.

Examples include Anderson's "Homeless in NYC." Elarde's "In the Name of the Mother," Suzuki's "This Land is Your Land: This Land Was My Land," and Bart's "Old Man." A certain indignation arises from those once alienated

The theatre has performed plays from many different genres. The Three Musketeers; The Illiad; Play by Play, which tells the story of the Trojan War as a football game; and Four Saints in Three Acts are just some of the different shows the troupe has performed.

They have also performed original plays of their own, the first being My Third Eye, a satire about hearing people.

This season, the National Theatre of the Deaf is performing nationwide to rave reviews. The

They have also performed original plays of their own, the first being My Third Eye, a satire about hearing people.

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Presently, they are performing An Italian Straw Hat, a French comedy.

"Perfectly suited for audiences of all ages, it is being called the best show in the Company's 28 year history," said Laine Dyer, a staff member of the National Theatre of the Deaf.

The show will be carried over into the 1995-96 season, a first for the NTD, due to nationwide sell-outs and the tremendous amount of praise it has received.

After the 1994-95 season, the show will have been performed in 51 cities across the country, ranging from Durham, New Hampshire to Seattle, Washington and several stops in between.

They will even travel to Luxembourg City in Europe in March 1995. Most of the shows are in actual theatres or on college campuses. "The Company is hired by each individual theatre or school, and we travel wherever we have to in order to bring out culture to the rest of the world," said Dyer.

Branches of the NTD include the Little Theatre of the Deaf, which does performances for children and a chapter of the NTD in California. The Chester headquarters also runs a Professional Theatre School that trains young aspiring actors and theatre staff. Each year, international students attend this school so they can bring back what they learn to their countries.

The National Theatre of the Deaf will be performing on Jan. 21, 1995 at Fairfield University. "This is the first time in over 20 years a national group has performed here," Dyer said.

Bethany Treff's "The Perils of Women in the Working Class" and Kimberly S. Lacznyski's "Individual vs. Societal Rights" are well-formulated essays that show this.

On the more poetic side are works by Cesar Munoz Acubes and Jason Dalrymple. Horizons presents us with a breathtaking look into the lives of a handful of Sacred Heart students. Overall, the quality of the works is commendable and powerful. Its many colloquies are worth reading and at, attempt should be made to understand them as well as enjoy them.

The works offer both a casual opportunity and one of reflection, almost religious in nature. A blending pot of emotion, earthy struggles and enlightenment. Horizons is worth reading more than once.
Miracle provides Christmas fun

By Jonathan McCarthy
Associate Editor

This holiday season on the silver screen is shaped just like everyone previous to it, searching for the new blockbuster hit. There are many films out now striving for that honor. One happens to be the same name of a now holiday classic. John Hughes’ Miracle on 34th Street offer a joyous romp through a child imagination as did the original only it is set against a 90’s tone of business greed and corruption.

The movie shares only two things with the original. One, the fact of Santa Claus’ existence is questioned and two, the story focuses on a little child’s dreams.

In the new Hughes’ version, Santa is hired by a department store and becomes a tremendous success. A rival store has Santa framed for beating somebody and the court case ends up to be based on whether or not Kris Kringle is legally insane. The case is settled when the judge shows that our nation believes in God whose existence can’t be proven so why not believe in Santa.

The movie does have its problems though. The major one being that one can’t tell whether it is a 1930 movie or a 1994 movie. This confusion is caused by the clothing of the stars. Elizabeth Perkins, who plays Mrs. Walker as a divorced single parent, is always dressed like a 1994 working women but her child, lovely Mara Wilson, is always dressed in 1930 outfits.

This little discrepancies can be easily overlooked by Mara Wilson’s cuteness. Her adorable voice and face do not become boring and express the innocence of a child while dealing with life in the 90’s, as a fatherless child.

This six year old’s road to stardom has been paved due to the success of her supporting cast. Richard Attenborough plays an incredible Santa and Dylan McDermott adds in a good role as the father-to-be.

The movie will probably not become a classic because of its 1994 overtones (even Santa has a mean streak in the film) but nevertheless it is a good time for all to see.

The Sweetest Days are sultry and seductive

By Jason Mazalik
Staff Writer

The Sweetest Days is Vanessa Williams’ third release and was due out December 6. The Sweetest Days follows her first album The Right Stuff, which went gold in 1988 and her second, The Comfort Zone which went Platinum in 1991, with the number one hit “Save the Best For Last.”

The title track, “The Sweetest Days” is the set’s first single. It was written by Jon Lind, Wendy Waldman and Phil Galdston, and produced by Keith Thomas, the same team responsible for the blockbuster “Save the Best For Last.”

Vanessa’s voice is sweet and seductive on this single and the song contains the same magic as “Save the Best For Last.”

When listened to as a whole the entire album flows together, no one song really rising above the other. This creates a certain mood, and a rather humble-mellow tone.

The music is rather pleasing to listen to. The Sweetest Days seems to produce the perfect music to fall asleep to after a long day’s work.

About the purpose of the album, Williams had this to say, “My approach in terms of a production and my vocal is: no gimmicks. Just what’s the melody line, a relaxed atmosphere, and a relaxed approach to life. I am thirty-one now and I do not have the desire to just sing dance songs so the kids will buy the record. I do not feel that pressure at all now.

When record companies hear the word ‘mature’ they think that means no one is going to buy it, that it will alienate the teenage market. I do not think that is true. Most of my fans are growing older as I am and there is no reason to run away from that.”

Williams’ words ring true, for if you are already a Vanessa Williams’ fan you will love this album. However, if you do not like her, do not buy this album, it will not change your mind.

Williams finds that the tone and mood of the setting in which music is recorded often reflects and weaves its presence into the music. The Sweetest Days was recorded in a studio filled with illuminated lava lamps, burning incense and flickering candles.

Two songs on the album, “You Can’t Run” and “Betcha Never” were written and produced by Grammy-award-winner Babyface.

“Betcha Never” is about a man who does a woman wrong and then she turns around and does it back. A revenge song of sorts.

“You Can’t Run” is a sultry song with a definite Sade influence.

Other songs of note include a remake of Sting’s “Sister Moon,” although this version is made interesting by the female interpretation, and “Ellamental” which was written as a tribute to Ella Fitzgerald.

Williams looks up to and draws inspiration from Fitzgerald’s work. In this, the seventh track of the album, Williams fuses a hip-hop element with the soulful jazz of Fitzgerald.

Aside from releasing a new album, Vanessa is currently starring in Broadway’s Kiss of the Spider Woman and mothering three children.

As I said before, if you are a Vanessa Williams fan you would profit greatly from dabbling in The Sweetest Days.

I would never have went out and bought this particular album, but now that I have it, I will listen to her smooth soothing voice again to feel the pleasurable and relaxing vibes.
I DON'T THINK YOU'RE SANTA.

THE CROSSWORD

ACROSS
1 Fowl fish
2 On top
3 Chop sight of
4 High point
5 Kilos
6 -ees
7 Display
8 Enthusiastic
9 Helped
10 Dishes
11 Units of computer
12 Ruler of old
13 Fire or water
14 Bill collector
15 Scary
16 Kringle
17 Invite part
18 Service
19 Everlasting
20 Walk or jump
21 Nut
22 Salient
23 Steak
24 Stuffed
25 Spic and span
26 Loud
27 From
28 Excited
29 Billboard
30 Ring
31 Scared
32 Scream
33 Say
34 Seize
35 Nuts
36 AmUSED
37 Snowman
38 Escape
39 Colourful
40 Ringing times
41 Bacon
42 Sconce
43 Roll up
44 Soldier on guard
45 No
46 Way
47 Milkman's home
48 Discovered
49 News item
50 Come up to try
51 Work
52 Catapult variety
53 Grapefruit
54 Shoe
55 Come down
56 Prevent from acting
57 Measure

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2 Musical piece
3 Smaller amount
4 Show
5 Opposite
6 Relate
7 On in years
8 Basic part
9 Easy snack
10 Like a lampion
11 What
12 Worth in verse
13 Comic item
14 Locked to own
15 Simply
16 Scarcity
17 Bills
18 Crayon
19 Ode of
20 Bill collector
21 Take to the sound
22 Need to a
23 Rouse the help
24 Suck
25 Bump up
26 Pelt to the sound
27 Rousc
28 Aroind
29 Together
30 Take to the sound
31 Poster
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THE Crossword

THE Crossword

A 39, B 37, C 35, D 33, E 31, F 29, G 27, H 25, I 23, J 21, K 19, L 17, M 15, N 13, O 11, P 9, Q 7, R 5, S 3, T 1

College Life
By Neal Laneville

"I can't believe all the lab work that I still have to do!"
"You mean like programing and English papers!"
"No... Internet! See you later."
By Michele Herrmann  
Features Co-Editor

They sponsor trips to places like New York and Boston, two cities where a gala of events and cultures occur. Traditionally, they hold a festival in which countries around the world display their own crafts, food, clothing and dance.

This may seem like a club that involves only international students but they extend membership to anyone interested.

The International Club is a student organization that provides "a friendly organization" to fight the loneliness and difficulties of adjustment that students far away from home face. Through trips, parties, cultural events and special dinners, students from all countries can participate, meet new people and learn about different heritages.

Revised in 1985, the club is now focusing on plans to increase interest in their organization and improve ways on handling activities.

So far the International Club has had success with day trips. "Trips are a way to get students more involved," said Joe Ibrahim, president. A New York trip that included a tour of the United Nations and a ticket to see the Broadway play of Les Misérables and a bus trip to the Big E State Fair in Massachusetts offer a chance to experience a variety of sights, tastes and sounds.

"The United Nations shows visitors a place where all countries in the world deal with each other," comments Ibrahim. "The Big E State Fair is an exhibition of cultures in the Northeastern part of this country."

On campus, the International Club holds events such as the Valentine's Day Formal and the International Feast. During the football season, members have worked in the concessions stand cooking and selling food.

For Halloween, they organized a Campus Haunting of the North Wing of the Academic Building in which the admission price was two cans of non-perishable food. From the event, the club raised enough food to fill one and a half boxes.

"We would like to change the outlook on school as a fun place to be," says Trusenia Hester, vice president.

Besides involvement in campus and service, members learn about the various ethnic backgrounds of international and American members.

"The more people who become interested in International Club, the more people bring knowledge about each other," says Ibrahim. "We don't only learn about backgrounds at meetings. People bring up certain topics about culture during a regular conversation."

By Cesar Munoz  
Contributing Writer

Would you like to receive pink panties for Christmas? What would you think if your children put a box with grass under their beds? Would you try to eat twelve grapes in exactly twelve seconds?

Well, that is all part of a Hispanic Christmas.

A variety of festivities are celebrated as a religious and communal holiday in most of the Latin countries.

Puertorican children begin the Christmas festivities on Thanksgiving Day. From that day on, the paragüas, groups of people who sing in the streets, serenade their neighbors and friends almost every night, making sleep no longer an activity on holidays.

They bring their guitars, guiro (a guitar-like instrument), maracas (originally consisting of an empty pumpkin with maize grains inside; they are made today of artificial materials), drums, guiro (made of an elongated dried fruit, on which several longitudinal slashes are cut, and played with a bow), and bongos. They play aguinaldos and seis chorreao, six lively songs with religious or patriotic themes.

For the rest of the Hispanic people the most popular instrument at Christmas is the pandeiro, the tambourine. The most popular song is the villancico, the Christmas carol.

In Colombia the Christmas season starts on December 7th. On this day, decorative lights in the streets and Christmas trees come on. Candles placed outside houses flicker. Those who cannot afford to buy a tree simply get a branch, remove its leaves, cover it with cotton and then hang decorations on it.

The Stable

The stable is the most important piece of decoration in homes, schools and hospitals. Colombians set up the stable on December 16th, the day of the Epiphany. Baby Jesus is not placed into the cradle until Christmas Eve. Some families in Peru keep him upside down and only turn the figurine over just that day.

Christmas Eve

Although tradition says that Christmas presents are brought by the Three Wise Men on the night of January 5th, many families actually give them on December 24th. In Colombia every child knows he or she has to go to bed that night right after the last new for Baby Jesus to bring them their toys. Christmas Eve is a celebration for friends and family. Most of the people stay up until the morning, and in Puerto Rico, that includes children too.

On this Caribbean Island the traditional meal for the night of Christmas Eve is baked pork. They also cook pasteles: a dough of green banana, yuca, pork or chicken, potatoes and spices, covered with a banana leaf, and for dessert, tembleque, arroz con dulce, made of rice, sugar, cornstarch and coconut.

In Peru people eat nothing polvorones, a cooked soft wheat dough, mazapanes, made of egg, sugar and almond, and turron, which also contains sugar and almonds.

By Flora Goodloe  
Staff Writer

For a split second Kathy Bump thought she had brushed her last breath. Harnessed into a metal cable, hooked onto a forty foot tree, the junior media studies major from Waterford, CT, panicked.

"Adrenaline rushed to my head, my heart began to beat faster," she said. "And I didn't hear or see anything. Not even the instructions given me to jump."

Kathy was undergoing Residential Assistant training to overcome fears.

But, millions of mountain climbers, rock climbers and bungee cord jumpers, undertake extreme risks for the big-chemi­cal reward associated with them, writes Karen Evans, in Health Magazine.

"That edge holds a mysterious attraction for human beings, and it comes in many forms," Evans said. "In the grip of fear, extreme exertion, or panic, the bloodstream is charged with hormones released by the adrenal glands. The hiker startled by a bear feels an intense "rush" and hears her heart pound as if it has rushed to her head."

According to Dr. Edward W. Malin, Sacred Heart University chair, faculty of Social and Behavioral Sciences, that edge is a fairly simple physical mechanism that our bodies go through when threatened.

"It is sometimes referred to as the fight or flight mechanism," said Malin, "because it prepares the body to defend or escape."

During this time adrenaline causes the body to undergo several changes and create butterfly feelings in the stomach that some people began to like according to Malin.

The heart rate increases, the blood pressure goes up, the tongue muscles are activated and the digestive system shuts down," he said.

Malin and Evans agree that those who subject themselves to this on a regular basis, in addition to producing adrenaline, produce another substance that is chemically similar to morphine.

"When the body produces endorphin, it shuts out pain and many find it pleasurable," he said. "It becomes addictive."

Malin feels however that, "there is something contradictory about a seat-belt wearing, vitamin gulping, smoke alarm purchasing populace that so fears its safety on the one hand, on the other pays good money to go cherry picking down some unpredictable rapids or hurtling through the air on a rubber rope and a
Empower Yourself: Eidetic Images can strengthen you, set you free

By Katherine A. Bump
Contributing Writer

Powerlessness. It is a feeling that most people dislike, or rather hate and dread. A person usually feels stuck and powerless when dealing with another person in their life. What most people don’t know is that there are ways they can find their own strength and abilities to combat that feeling of powerlessness.

One effective way is to use eidetic images. An eidetic image is a detailed image of something previously seen. "These are special images stored in the brain," states Jacqueline Sussman, founder and director of the Imagination Training Center of New York, in the November, 1994 issue of Woman, "which can be retrieved in their entirety by employing special techniques."

These images stay intact in full detail in a person’s brain so they may be re-viewed numerous times. Details a person missed when the situation occurred can be noticed and this is how eidetic images prove to be helpful.

Sussman says, “Eidetic images are different from other types of images such as dreams and memory images in that there is no ‘forgetting’ or ‘distorting’ them.” She adds, “They are not only visual, but also contain feelings, body sensations, and meanings.”

The aspect of the image which is most important to vary from person to person because of an individual’s fears and insecurity. These fears and insecurity are what holds a person back from seeing their strength and reacting accordingly.

"However," comments Sussman, "the most important feature is that our strengths, potentials, and genuine responses, not available at the time a life event occurred, are stored in the brain alongside the image of the event."

This is what Sussman referred to as "hidden potential." A person’s potential is unlocked by dealing with the images to unveil a person’s power and give them new attitudes when approaching any situation that may arise.

Sussman’s article offers an Emanation-Of-Self Exercise. This exercise consists of 9 steps and is suggested to be taken in a quiet area where one can sit comfortably.

Tiffany O’Connell, an un­certified first-year student from Trumbull, took part in this exercise. She had an argument earlier in the week and it still was upsetting her. O’Connell recalled this eidetic image from her brain (Sussman says to let the information unfold).

“She looks mean,” says O’Connell. “She is yelling at me, calling me inconsiderate,” she adds.

O’Connell explains how she feels in this event, “I feel hurt and embarrassed. She is belittling me.”

Sussman’s next step is to envision a big wind entering the room and surrounding you. Assess what you feel at this time. O’Connell says she feels alone when the wind surrounds her.

The next step (85) is to see another you “pop” out of your head and the old you disappears. This new you takes over in this image. O’Connell’s new self said, “I don’t care!” She said her antagonist was shocked and annoyed.

O’Connell says, “I feel like a weight was lifted off of me and I don’t feel powerless in that situation anymore.”

If you have the time and desire to unlock your “hidden potential,” focus on your eidetic images. Let your feelings and sensations find your power.

“Set that these powers or expressions are part of your real self,” says Sussman. "Know that these strengths can be used in other life situations, too."
Covering all sports is harder then it looks

By Keith Zingler
Sports Editor

For the past year, I have been the editor of The Spectrum sports section. During this past year I have tried my best to make the section more informative and entertaining, while trying to maintain the best possible coverage of all varsity and club sports. I have not or will I ever purposely exclude any sport from receiving the recognition that they deserve. Now, I realize that some sports have received more attention then others over the time that I have been editor. Believe me, if I had the resources at my disposal to change that I would.

The sports staff here at The Spectrum is a very talented and dedicated one, all be it a very small one. Many of you may not have tried my best to make the editor of The Spectrum arrive. In order to get coverage for a team every week, a member of that team must write their own articles. This means that the staff we have here are either managers or athletes on the teams that they cover. While they are all talented writers, they don't necessarily write because they like to, they write because they realize this is the only way to completely guarantee that their sport will receive proper coverage. Now, this might not be how it's done in the real world (just imagine someone like Deion Sanders writing his own articles) but it is the best way for me to get the most amount of sports covered.

While they are all talented writers, they don't necessarily write because they like to, they write because they realize this is the only way to completely guarantee their sport proper coverage.

My duties as Sports Editor, are to write one sports story a week, edit all stories handed in, layout two to three pages a week, and recruit writers. I feel that I have done a decent job on all accounts so far. Even though the coverage has been improving, I will be the first to tell you it can indeed get better.

How can I as editor better improve the coverage in the sports section? To be honest with you I can't. I wish I could assign writers to cover sports that are not receiving the proper amount of coverage. My writers write so their own sports are covered. It would be unfair of me to expect them to write about another sport and neglect their own. Even if I could get them to cover another sport instead of the sport they are associated with, I wouldn't because this wouldn't be fair to them or to the readers. Look at it this way, Fox hires John Madden as an announcer, do you send him to cover water polo or football? Of course Madden is going to cover football. That is what he knows about.

Any editor or producer is going to send someone who is acquainted with the subject that they are covering, instead of someone who is not. For a team to receive the best possible coverage someone close to the team has to write it.

Remember we are not a professional newspaper. We do not have the ability to hire people to do a job or the power to make them do anything for us. For us to get a paper out each week, we must rely on the dedication of others to give up a little of their free time. Instead of taking the time to criticize what we don't cover, take the time to cover it.

14 - SHU Spectrum
December 8, 1994

Intramurals offers students competitive sports

By Jeanine Farfalla
Contributing Writer

It's that time of year again for intramural sports at Sacred Heart University. Intramural sports are designed to provide healthy and competitive activities for students at Sacred Heart. The goal of the program is to provide an opportunity for every student to participate in competitive sports activities as regularly as his or her interests, ability, and time will permit.

According to the intramural program brochure, "Students are able to enjoy organized sports, have fun, keep fit, meet new people, cultivate leadership skills, and put to good use various learned skills."

In the Recreation Center, THE REC CENTER IS LOCATED IN HAWLEY LOUNGE AND IS AVAILABLE TO ALL STUDENTS, FACULTY AND STAFF.

Entertainment and Equipment available:

| VIDEO GAMES | AIR HOCKEY | SOCCER BALLS | TRACK BALL |
| BILLIARDS | FOOSBALL | VOLLEYBALLS | |
| SHUFFLEBOARD | TENNIS RACKETS | BASKETBALLS | |
| PING-PONG | |

League: ladies start play

Continued from page 16

Caldwell had the lead for the first 6 minutes but a Chrissy Perkins 3 pointer would change that for good. After trailing 6 to 5 the Lady Pioneers took charge and never looked back. Neither team could be called hot in this one, as they had trouble getting the ball in the net. Sacred Heart shot a dismal 34% for the game, while Caldwell shot only 23%.

Leading Sacred Heart was Beth Huber who hit 14 points and 7 assists. Puffy Dillion added 10 points for Sacred Heart. Defilippo continued to do well in the rebound department pulling in 11 boards.

The women will head North this weekend to take on St. Anselm on Saturday. They then will open up league play against New Hampshire on Sunday.

Sigma Delta Ki
Will be hosting a servant auction Sunday night at Chubby's. The auctions will start at 8pm. Opening bids will start at $2.

HELLENS DECORATE OUR CHRISTMAS TREE!!

All this week please bring in a Christmas tree, of your choice, and help us decorate our tree for the Holidays!

Don't Miss the special Christmas Dinner
Thursday, December 8th; 4:30-7:00
All Are Welcome!
Come catch the Holiday Spirit!
Upset about strikes and lockouts? Forget about them, come out and watch the Pioneers.

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Schedule: tough on Icemen

Continued from page 16

Coach Glynne said, "The Wesleyan game was frustrating. Those are the games we have to win. Wesleyan wasn’t necessary better, but you have to play 60 minutes of hockey in order to win. Unfortunately, we’re playing 40 or 45 minutes, and the lapses are what cost us."

Sacred Heart’s record is now 2-6-0 overall, and 2-3-0 in the ECAC South Division. Friday, Dec. 9, Sacred Heart meets up with Scranton, at the Milford Ice Pavilion. This is the first time these teams will meet. On Sunday, 12/11, they meet up with Quinnipiac, also at Milford. This is the last game before Christmas break. Quinnipiac, who we lost to first semester last year, and then beat second semester, is placed sixth in the ECAC South. Transportation is available for both games. Sign up in Student Activities.

B-Ball Stats

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Cagers: Still rolling

Continued from page 16

forward Brian Johnson and Ke-in Vulin. Both players have been playing tough inside on both ends of the court. Due to their strong play, Mike Kmiec, Burkette, and Doyle can stay on the floor together, giving them more time to get hot from outside.

Brian Chong and freshman Steve Twarosch have played well off the bench. This Saturday, the Pioneers take on St. Anselm College in Manchester, New Hampshire, at 4 p.m. This will be the last game of the first semester for the team. Although the second semester won’t begin until the 15th of January, the team will be playing five games during this stretch. They will spend the holiday season playing in the Merrimack Tournament, December 23 and 29.

Junior Kim McCullion was named to the East Stroudsburg Tournament team this past weekend. She averaged 11 points and 8 rebounds for the two game tournament. Sacred Heart takes on St. Anselm’s College this weekend at Manchester, New Hampshire.

Have a Merry Christmas! From The Spectrum Sports Staff
Men's hoops continues roll

By Keith Zingler
Sports Editor

The Pioneers are off to one of their best starts in recent history. After last Saturday's dismantling of Merrimack College, the team is standing tall with center Kevin Vulin.

For the first time in a long while, the Pioneers are playing great basketball early in a season. Last year, the team started off slow, but picked it up later in the season. This holiday season is starting to shape up a lot nicer for the fellas than last year's. Every starter this year is averaging more than ten points a game, with Johnny Burkette being the early season leader with more than 20 points per game.

"The reason we are off to such a good start," explains sophomore Joe Doyle, "is because of our three-guard offense. Using three guards means we always have a man open to take the three-point shot." This strategy has worked Saturday as the Pioneers were 9 for 14 from three-point.

While the shooting has been there early this season, the reason this three-guard offense is working is because of the strong play of the guards. See Cagers page 15

Ladies split

University of Bridgeport shocks SHU; ends hope for undefeated season

By Matt Bronson
Staff Writer

The women's basketball team brought their show on the road over the weekend and managed to gain a split at the Rotary Pocono Classic.

Senior basketball player Brian Johnson (25) steals a rebound away from an AIC eager in Tuesday's home loss. The loss is the Pioneers' first of the season, bringing their record to a still impressive 5-1. Sophomore Joe Doyle (11) looks on.

First round action saw the ladies taking on an old rival, the University of Bridgeport. Sacred Heart put together a good first half and led the lead at halftime 42-32. The second half was all Bridgeport as they outscored the Lady Pioneers 43-32. Kim McCullion paced Sacred Heart with 16 points to go along with her 5 rebounds and 4 assists. Theresa Defilippo continued to do well on the boards pulling 11 rebounds. She also chimed in with 5 points of her own.

After losing to Bridgeport, the Ladies would face Caldwell in the consolation game. This was of no consolation to Caldwell. See League page 14

Hockey struggles with schedule

By Kerri Anne Mahoney
Staff Writer

The men's ice hockey team lost their last two games. On Tuesday, 11/29, the Pioneers traveled up to Springfield, MA, to match up with American International College. It was Sacred Heart's first ever meeting with AIC. The final score was 8-3, with the goals scored by Chris Baker, Mike Silvestro, and R.C. Letkowski. AIC was leading the whole game, but by a very small margin. Going into the third period, the score was 4-3, AIC. Heart still had a chance to come back, but they allowed the opportunity to slip away.

Coach John Glynne feels that it is hard to judge the team on the out of conference games, because they are stronger programs. "I felt we had a real opportunity against AIC, to beat them, especially after the second period, but a couple of mistakes put us in a position to not come back from a deficit." On Saturday, Sacred Heart See Schedule page 15

Pioneer wing Aaron Foust (right) celebrates along with fellow sophomore Jon Yackman (21) after Yackman scored in the second period of Saturday's 6-4 loss at Wesleyan University. Photo by Chris Nicholson

See Schedule page 15